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RCFE Specialty Tool: *Food Services Domain*

The RCFE Specialty Tool for the ***Food Services Domain*** provides all state licensing requirements in statute and regulations that are related to food service and nutrition.

This Specialty Tool is intended to be used during Comprehensive Visits in instances where non-compliance with food service-related requirements is identified. This Tool will also be helpful in complaint visits, or other visits when LPAs need a full-scope reference on a single Domain. This Tool can also be used by licensees to self-assess compliance with requirements.

Requirement	Citation
Definitions	
Basic Services T-22, §87101(b)(2) “Basic Services,” as defined in Health and Safety Code section 1569.312, means those services required to be provided by the facility in order to obtain and maintain a license and include, in such combinations as may meet the needs of the residents and be applicable to the type of facility to be operated, the following: safe and healthful living accommodations; personal assistance and care; observation and supervision; planned activities; food service; and arrangements for obtaining incidental medical and dental care.	T-22, §87101(b)(2)
Care and supervision T-22, §87101(c)(3) “Care and Supervision” means those activities which if provided shall require the facility to be licensed. It involves assistance as needed with activities of daily living and the assumption of varying degrees of responsibility for the safety and well-being of residents. “Care and Supervision” shall include, but not be limited to, any one or more of the following activities provided by a person or facility to meet the needs of the residents: (H) Monitoring food intake or special diets	T-22, §87101(c)(3)(H)
Dietician T-22, §87101(d)(6) “Dietician” means a person who is eligible for registration by the American Dietetic Association.	T-22, §87101(d)(6)
Home Economist T-22, §87101(h)(5) “Home Economist” means a person who holds a baccalaureate or higher degree in home economics and who specialized in either food and nutrition or dietetics.	T-22, §87101(h)(5)
Nutritionist T-22, §87101(n)(5) “Nutritionist” means a person holding a master's degree in food and nutrition, dietetics, or public health nutrition, or who is employed by a county health department in the latter capacity.	T-22, §87101(n)(5)
Placement Agency H&S §1569.47.(a) “Placement agency” means any county welfare department, county social service department, county mental health department, county public guardian, general acute care hospital discharge planner or	H&S §1569.47(a)

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<p>coordinator, state-funded program or private agency providing placement or referral services, conservator pursuant to Part 3 (commencing with Section 1800) of Division 4 of the Probate Code, conservator pursuant to Chapter 3 (commencing with Section 5350) of Part 1 of Division 5 of the Welfare and Institutions Code, and regional center for persons with developmental disabilities which is engaged in finding homes or other places for the placement of elderly persons for temporary or permanent care.</p>	
<p>Universal Precautions T-22, §87101(u)(1) “Universal Precautions” means an approach to infection control that treats all human blood and body fluids as if they are infectious. Generally, universal precautions consist of regular hand washing after coming into contact with another person's body fluids (mucous, saliva, urine, etc.) and includes use of gloves when handling blood or body fluids that contain blood. Specifically, universal precautions consist of the following four basic infection control guidelines:</p> <ul style="list-style-type: none"> (A) Hand washing - Staff should wash their hands in the following situations, but not limited to these situations: <ul style="list-style-type: none"> 2. Before preparing or eating food. 5. After wiping down surfaces, cleaning spills, or any other housekeeping 6. After being in contact with any body fluids from another person, even if they wore gloves during contact with body fluids. 	<p>T-22, §87101(u)(1) & §87101(u)(1)(A)(2.), (5.), & (6.)</p>
<p>General Requirements</p>	
<p>Food Quality T-22, §87555(a) The total daily diet shall be of the quality and in the quantity necessary to meet the needs of the residents and shall meet the Recommended Dietary Allowances of the Food and Nutrition Board of the National Research Council. All food shall be selected, stored, prepared and served in a safe and healthful manner.</p>	<p>T-22, §87555(a)</p>
<p>T-22, §87555(b) The following food service requirements shall apply: (8) All food shall be of good quality. Commercial foods shall be approved by appropriate federal, state and local authorities. Food in damaged containers shall not be accepted, used or retained.</p>	<p>T-22, §87555(b)(8)</p>
<p>Provision of Food Service [Facility-based or by Arrangement] T-22, §87555(b) The following food service requirements shall apply: (1) Where all food is provided by the facility arrangements shall be made so that each resident has available at least three meals per day. Exceptions may be allowed on weekends and holidays providing the total daily food needs are met. Not more than fifteen (15) hours shall elapse between the third and first meal.</p>	<p>T-22, §87555(b)(1)</p>
<p>T-22, §87555 (b) The following food service requirements shall apply: (2) Where meal service within a facility is elective, arrangements shall be made to assure availability of an adequate daily food intake for all residents who, in their admission agreement, elected meal service. If a resident's condition changes so that he is no longer able to cook or purchase his own meals, the admission agreement shall be modified and the resident provided full meal service.</p>	<p>T-22, §87555(b)(2)</p>

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<p>T-22, §87555(b) The following food service requirements shall apply:</p> <p>(14) If food is prepared off the facility premises, the preparation source shall meet all applicable requirements for commercial food services. The facility shall have adequate equipment and staff to receive and serve the food and for cleanup, and shall maintain adequate equipment for in-house preparation and service of food in emergencies.</p>	<p>T-22, §87555(b)(14)</p>
<p>Basic Services</p> <p>T-22, §87464(f) Basic services shall at a minimum include:</p> <p>(3) Three nutritionally well-balanced meals and snacks made available daily, including low salt or other modified diets prescribed by a doctor as a medical necessity, as specified in Section 87555, General Food Service Requirements.</p>	<p>T-22, §87464(f)(3)</p>
<p>T-22, §87555(e) If the resident is an SSI/SSP recipient, then the basic services shall be provided and/or made available at the basic rate at no additional charge to the resident.</p> <p>(3) An extra charge to the resident shall be allowed for provision of special food services or products beyond that specified in (f)(2) below, when the resident wishes to purchase the services and agrees to the extra charge in the admission agreement.</p>	<p>T-22, §87464(e)(3)</p>
<p>Dining and Kitchen Space</p>	
<p>T-22, §87555(b) The following food service requirements shall apply:</p> <p>(4) Meals on the premises shall be served in a designated dining area suitable for the purpose and residents encouraged to have meals with other residents. Tray service shall be provided in case of temporary need.</p>	<p>T-22, §87555(b)(4)</p>
<p>T-22, §87555(b) The following food service requirements shall apply:</p> <p>(19) There shall be one or more dining rooms or similar areas suitable for serving residents at a meal service, in shifts where appropriate. The dining areas shall be convenient to the kitchen so that food may be served quickly and easily and shall be attractive and promote socialization among the diners.</p>	<p>T-22, §87555(b)(19)</p>
<p>T-22, §87555(b) The following food service requirements shall apply:</p> <p>(22) Adequate space shall be maintained to accommodate equipment, personnel and procedures necessary for proper cleaning and sanitizing of dishes and other utensils.</p>	<p>T-22, §87555(b)(22)</p>
<p>Resident Dining Needs and Preferences</p>	
<p>Resident Rights</p> <p>H&S §1569.269(a) Residents of residential care facilities for the elderly shall have all of the following rights:</p> <p>(5) To be accorded safe, healthful, and comfortable accommodations, furnishings, and equipment.</p> <p>(6) To care, supervision, and services that meet their individual needs and are delivered by staff that are sufficient in numbers, qualifications, and competency to meet their needs.</p> <p>(7) To be served food of the quality and in the quantity necessary to meet their nutritional needs.</p>	<p>H&S §1569.269(a)(5)-(7)</p>
<p>Medical Assessment</p> <p>T-22, §87458(b) The medical assessment shall include, but not be limited to:</p>	<p>T-22, §87458(b)(4)</p>

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<p>(4) Identification of physical limitations of the person to determine his/her capability to participate in the programs provided by the licensee, including any medically necessary diet limitations.</p>	
<p>Assessing Functional Capabilities T-22, §87459(a) The facility shall assess the person's need for personal assistance and care by determining his/her ability to perform specified activities of daily living. Such activities shall include, but not be limited to: (7) Physical condition, including: (E) Dietary limitations.</p>	<p>T-22, §87459(a)(7)(E)</p>
<p>Between-Meal Nourishment T-22, §87555(b) The following food service requirements shall apply: (3) Between-meal nourishment or snacks shall be made available for all residents unless limited by dietary restrictions prescribed by a physician.</p>	<p>T-22, §87555(b)(3)</p>
<p>Variety of Foods T-22 §87555(b) The following food service requirements shall apply: (5) Meals shall consist of an appropriate variety of foods and shall be planned with consideration for cultural and religious background and food habits of residents.</p>	<p>T-22, §87555(b)(5)</p>
<p>Modified Diets T-22, §87555(b) The following food service requirements shall apply: (7) Modified diets prescribed by a resident's physician as a medical necessity shall be provided.</p>	<p>T-22, §87555(b)(7)</p>
<p>T-22, §87555(b) The following food service requirements shall apply: (10) Where indicated, food shall be cut, chopped or ground to meet individual needs.</p>	<p>T-22, §87555(b)(33)</p>
<p>Adaptive Devices T-22, §87555(b) The following food service requirements shall apply: (34) Adaptive devices shall be provided for self-help in eating as needed by residents.</p>	<p>T-22, §87555(b)(34)</p>
<p>Residents with Dementia – Nourishment & Hydration Stations T-22, §87706(a) In addition to the requirements in Section 87705, Care of Persons with Dementia, licensees who advertise, promote, or otherwise hold themselves out as providing special care, programming, and/or environments for residents with dementia or related disorders shall meet the following requirements: (2) In addition to the requirements specified in Sections 87208(a) and 87705(b), the licensee shall include in the plan of operation a brief narrative description of the following facility features: (H) Physical environment, including environmental factors that ensure a safe, secure, familiar and consistent environment for residents with dementia. 1. Environmental factors that may be considered include: bedroom decor; architectural and safety features (e. g., wide hallways, handrails, delayed egress, secured perimeters); lighting; colors and visual</p>	<p>T-22, §87706(a)(2)(H)(1.)</p>

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contrasts; types of furniture; signs; noise factors; memory boxes; nourishment and hydration stations; and functional outdoor space and exercise pathways.	
Food Restrictions	
T-22, §87555(b) The following food service requirements shall apply: (11) Powdered milk shall not be used as a beverage but may be used in cooking or baking. Raw milk shall not be used. Milk shall be pasteurized.	T-22, §87555(b)(11)
T-22, §87555(b) The following food service requirements shall apply: (12) Except upon written approval by the licensing agency, meat, poultry and meat food products shall be inspected by state or federal authorities. Written evidence of such inspection shall be available for all products not purchased from commercial markets.	T-22, §87555(b)(12)
T-22, §87555(b) The following food service requirements shall apply: (13) Home canned foods shall not be used.	T-22, §87555(b)(13)
Food Storage & Supplies	
T-22, §87309(a) Disinfectants, cleaning solutions, poisons, firearms and other items which could pose a danger if readily available to clients shall be stored where inaccessible to clients. (1) Storage areas for poisons, and firearms and other dangerous weapons shall be locked. (2) In lieu of locked storage of firearms, the licensee may use trigger locks or remove the firing pin. (A) Firing pins shall be stored and locked separately from firearms. (3) Ammunition shall be stored and locked separately from firearms. (b) Medicines shall be stored as specified in Section 87465(c) and separately from other items specified in (a) above. (c) The items specified in (a) above shall not be stored in food storage areas or in storage areas used by or for clients.	T-22, §87309(a)-(c)
Storage T-22, §87555(b) The following food service requirements shall apply: (9) Procedures which protect the safety, acceptability and nutritive values of food shall be observed in food storage, preparation and service.	T-22, §87555(b)(9)
T-22, §87555(b) The following food service requirements shall apply: (21) Freezers of adequate size shall be maintained at a temperature of 0 degree F (-17.7 degree C), and refrigerators of adequate size shall maintain a maximum temperature of 40 degree F. (4 degree C). They shall be kept clean and food stored to enable adequate air circulation to maintain the above temperatures.	T-22, §87555(b)(21)
T-22, §87555(b) The following food service requirements shall apply:	T-22, §87555(b)(23)

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(23) All readily perishable foods or beverages capable of supporting rapid and progressive growth of micro-organisms which can cause food infections or food intoxications shall be stored in covered containers at appropriate temperatures.	
T-22, §87555(b) The following food service requirements shall apply: (24) Pesticides and other toxic substances shall not be stored in food storerooms, kitchen areas, or where kitchen equipment or utensils are stored.	T-22, §87555(b)(24)
T-22, §87555(b) The following food service requirements shall apply: (25) Soaps, detergents, cleaning compounds or similar substances shall be stored in areas separate from food supplies.	T-22, §87555(b)(25)
Supplies T-22, §87555(b) The following food service requirements shall apply: (26) Supplies of nonperishable foods for a minimum of one week and perishable foods for a minimum of two days shall be maintained on the premises.	T-22, §87555(b)(26)
T-22, §87555(b) The following food service requirements shall apply: (33) Tableware and tables, dishes, and utensils shall be sufficient in quantity to serve the residents.	T-22, §87555(b)(33)
Protection from Contamination	
T-22, §87555(b) The following food service requirements shall apply: (27) All kitchen areas shall be kept clean and free of litter, rodents, vermin and insects.	T-22, §87555(b)(27)
T-22, §87555(b) The following food service requirements shall apply: (28) All food shall be protected against contamination. Contaminated food shall be discarded immediately upon discovery.	T-22, §87555(b)(28)
Cleaning, Sanitizing & Maintaining Utensils & Equipment	
T-22, §87555(b) The following food service requirements shall apply: (29) All equipment, fixed or mobile, and dishes, shall be kept clean and maintained in good repair and free of breaks, open seams, cracks or chips.	T-22, §87555(b)(29)
T-22, §87555(b) The following food service requirements shall apply: (30) All utensils used for eating and drinking and in preparation of food and drink, shall be cleaned and sanitized after each usage.	T-22, §87555(b)(30)
T-22, §87555(b) The following food service requirements shall apply: (31) Dishes and utensils shall be disinfected: (A) In facilities using mechanical means, by either maintaining hot water at a minimum temperature of 170 degree F (77 degree C) at the final rinse cycle of dishwashing machines, or by disinfecting as specified in (B) below.	T-22, §87555(b)(31)(A)

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T-22, §87555(b) The following food service requirements shall apply: (B) In facilities not using mechanical means, by an alternative comparable method approved by the licensing agency or by the local health department, such as the addition of a sanitation agent to the final rinse water.	T-22, §87555(b)(31)(B)
T-22, §87555(b) The following food service requirements shall apply: (32) Equipment of appropriate size and type shall be provided for the storage, preparation and service of food and for sanitizing utensils and tableware, and shall be well maintained.	T-22, §87555(b)(32)
Maintenance and Repair	
(a) The facility shall be clean, safe, sanitary and in good repair at all times. Maintenance shall include provision of maintenance services and procedures for the safety and well-being of residents, employees and visitors. (1) Floor surfaces in bath, laundry and kitchen areas shall be maintained in a clean, sanitary, and odorless condition.	T-22, §87303(a)(1)
T-22, §87555(b) The following food service requirements shall apply: (20) The ventilating systems in food preparation areas shall be maintained in working order and shall be operated when food is being prepared. Food preparation equipment shall be placed to provide aisles of sufficient width to permit easy movement of personnel, mobile equipment and supplies.	T-22, §87555(b)(20)
Menus	
T-22, §87555(b) The following food service requirements shall apply: (6) In facilities for sixteen (16) persons or more, menus shall be written at least one week in advance and copies of the menus as served shall be dated and kept on file for at least 30 days. Facilities licensed for less than sixteen (16) residents shall maintain a sample menu in their file. Menus shall be made available for review by the residents or their designated representatives and the licensing agency upon request.	T-22, §87555(b)(6)
Staff and Staff Training/Qualifications	
Staffing H&S §1569.618(c) The facility shall employ, and the administrator shall schedule, a sufficient number of staff members to do all of the following: (4) Ensure that the facility is clean, safe, sanitary, and in good repair at all times.	H&S §1569.618(c)(4)
T-22, §87411(a) Facility personnel shall at all times be sufficient in numbers, and competent to provide the services necessary to meet resident needs. In facilities licensed for sixteen or more, sufficient support staff shall be employed to ensure provision of personal assistance and care as required in Section 87608, Postural Supports. Additional staff shall be employed as necessary to perform office work, cooking, house cleaning, laundering, and maintenance of buildings, equipment and grounds. The licensing agency may require any facility to provide additional staff whenever it determines through documentation that the needs of the particular residents, the extent of services provided, or the physical arrangements of the facility require such additional staff for the provision of adequate services.	T-22, §87411(a)
T-22, §87555(b) The following food service requirements shall apply:	T-22, §87555(b)(18)

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(18) Sufficient food service personnel shall be employed, trained and their working hours scheduled to meet the needs of residents.	
T-22, §87555(b) The following food service requirements shall apply: (16) In facilities licensed for sixteen (16) to forty-nine (49) residents, one person shall be designated who has primary responsibility for food planning, preparation and service. This person shall be provided with appropriate training.	T-22, §87555(b)(16)
T-22, §87555(b) The following food service requirements shall apply: (17) In facilities licensed for fifty (50) or more, and providing three (3) meals per day, a full-time employee qualified by formal training or experience shall be responsible for the operation of the food service. If this person is not a nutritionist, a dietitian, or a home economist, provision shall be made for regular consultation from a person so qualified. The consultation services shall be provided at appropriate times, during at least one meal. A written record of the frequency, nature and duration of the consultant's visits shall be secured from the consultant and kept on file in the facility.	T-22, §87555(b)(17)
T-22, §87411(d) All personnel shall be given on the job training or have related experience in the job assigned to them. This training and/or related experience shall provide knowledge of and skill in the following, as appropriate for the job assigned and as evidenced by safe and effective job performance: (1) Principles of good nutrition, good food preparation and storage, and menu planning. (2) Housekeeping and sanitation principles.	T-22, §87411(d)(1)(2)
T-22, §87555(b) The following food service requirements shall apply: (15) All persons engaged in food preparation and service shall observe personal hygiene and food services sanitation practices which protect the food from contamination.	T-22, §87555(b)(15)
Enforcement	
Written Information (c) The licensing agency may require the facility to provide written information as to the foods purchased and used over a given period when, based upon documentation, there is reason to believe that the food service requirements are not being met.	T-22, §87555(c)
Serious Deficiencies – Examples T-22, §87758(a) Regulations including, but not limited, to the following may result in serious deficiencies when a failure to comply presents an immediate or substantial threat to the physical health, mental health, or safety of the residents: (10) Sections 87555(b)(24), (25), or (27) relating to storage, preparation and service of food.	T-22, §87758(a)(10)